

Dine Right Program



Dear Temple area Restaurant Owners and Managers,

The Temple Mayor's Council on Physical Fitness and Scott & White Healthcare invite you to participate in our new Dine Right Temple program in order to promote healthier nutrition among people who dine in Temple, Texas. Dine Right Temple was established by the Temple Mayor's Council on Physical Fitness, and Scott & White Healthcare, whereby food establishments may voluntarily offer nutritional foods in a healthy environment and be recognized for doing so.

Dine Right Temple, modeled after successful programs across America, seeks to improve the health of our communities by increasing the availability of nutrition information to consumers and by expanding the range of healthy choices offered. There is no mandatory requirement to participate; however, your restaurant may receive new customers by offering healthy options. Participation in Dine Right is at no cost to you and your restaurant will benefit from advertising through the City of Temple and Scott & White Healthcare websites. The whole community will benefit when healthier food choices are available.

Why a Dine Right Program?

There is a definite need for this program in Central Texas restaurants. Based on information obtained from the Department of Health and Human Services, in calendar year 2009, the State of Texas had an obesity rate of 28.7% and another 33% overweight. The increase in obesity is an attribute to several factors including high dietary fat intake; overconsumption and availability of inexpensive, energy-dense foods; low intake of fruits and vegetables; and sedentary lifestyle. Obesity is the second-highest preventable cause of death in the United States second only to smoking. Obesity causes many different types of preventable diseases such as cardiovascular disease, diabetes and cancer. Restaurants can partner with our community to offer healthy choices and potentially improve the health of our community members.

Dine Right Program Criteria

The Dine Right Program recognizes that with the release of the latest national nutritional guidelines, My Plate, greater emphasis has been placed on increasing whole grains, fruits and vegetables in the diet. It also advocates for the consumption of a moderately low fat diet. The Dine Right Program's criteria supports healthy eating and finds that they are very appropriate for the majority of the population. Persons with allergies, chronic conditions requiring a therapeutic diet, or highly restricted nutrient intake should see their physician and a registered dietician for an individualized nutrition plan and information about their individual nutritional needs.

Dine Right Program Application

In order to promote healthier eating habits among people who live and visit Temple, the Dine Right Temple initiative has established a voluntary designation for local dining establishments that are certified to meet the highest quality of nutritional standards and content preparations in a healthy environment.

Applicant's Business Na	me:	
Business Owner:		Telephone:
Address of establishmer	nt:	
Citv:	Zip Code:	Email address:

As the owner/manager of the above establishment(s), I certify that, as evidenced by Bell County Health Division records, this facility:

- 1. Has no unresolved health code violations
- 2. Maintains an appropriate food health license
- 3. Enforces no-smoking laws within the establishment

Attached are copies of current menu items and/or recipes for consideration for Dine Right Temple designation:

Required for Designation:

Two or more submitted Entrees must include a lean protein and at least two of the following:

- ❖ Fruit serving (ex: whole fruit or fruit served in 100% juice)
- ❖ Vegetables (ex: steamed, baked, grilled without butter, sauces, cheese or breading)
- ❖ 100% whole grains (ex: bread, brown rice, pasta)

Entrees must also meet the following nutritional criteria:

- ❖ 550 calories or less
- 30% calories from fat or less
- 10% calories from saturated fat or less
- 1500 mg of sodium or less

One or more submitted Appetizers, side dishes, and desserts must meet the following criteria:

- 250 calories or less
- 30% calories from fat or less
- 10% calories from saturated fat or less
- 750 mg of sodium or less

Required if there is a Kids menu:

One or more submitted Kid Menu items must meet the following criteria:

- ❖ Offers 1% or skim milk when milk is offered as a beverage
- ❖ 5g of fat or less
- 10g of sugar or less
- 1500 mg of sodium or less

Recommended:

Offers some dishes in a smaller portion size (e.g., half portion sizes)
Please indicate items offered in smaller or half portion sizes.

Offers fat-free or low fat salad dressings

Please indicate dressings and/or sauces that are fat-free or low-fat

Please attach a list of all entrees, sides and kids menu items that are to be considered as a Dine Right Temple menu item for the above criteria. For those restaurants with certified nutritional values (typically the larger franchise restaurants), please include total calories, fat grams, saturated fat grams, and sodium per entrée. For restaurants that do not have nutritional content, please provide a complete recipe for each entrée including ingredient list with quantity per serving. Please attach a recipe list of those entrees to be considered a Dine Right Temple option at your restaurant with entrée name, nutritional values or complete recipe. An example on how to submit is listed below.

Submitting a Recipe:

Entrée name: <u>Grilled Hawaiian Chicken Sandwich</u> Recipe:

Pineapple grilled chicken sandwich:

4 oz boneless, skinless chicken breast grilled, marinated in 4 oz. pineapple juice and 2 tablespoons of soy sauce with 2sprays of the low calorie/low fat cooking spray to grill.

One pineapple ring grilled

½ vine tomato

Romaine lettuce leaf

Whole wheat bun (brand)

1 Tbs. Dijon mustard

Submitting Item with Nutritional Values:

Item name: Santa Fe Chicken Salad

Nutritional Content: with fat free ranch dressing: 500 calories, 8 g fat, 2 g sat fat, 1200 mg sodium. (We will calculate percent calories from fat and saturated fat.)

Please add any additional information about how your restaurant provides healthier options such as preparation of the meals – baking, steaming, etc.

I also certify that if any of the above conditions change, the designation will be forfeited until such time that the criteria are met and a new application is submitted and approved.

A designation will be provided within thirty days after the application is received. Successful applicants will receive up to four 6" window labels designating the facility as a Participating Partner in the Dine Right Temple initiative and an electronic file of the logo that can be used to place the symbol on menus or advertisements.

Unsuccessful applicants can appeal the decision by providing additional information and/or having a face-to-face meeting to resolve the decision.

Establishments that are designated as Participating Partners will have the opportunity to be listed on the Get Fit Temple web site (www.getfittemple.com) and Scott & White Healthcare website (https://wellness.sw.org).

baraby arms to the above towns and conditions.

l,	, nereby agree to the above term	s and conditions.
Signed	Date:	
Please submit this application to the Sco consideration, fax to 254-724-7978 or em		
For Office Use Only: Received	Approved	

